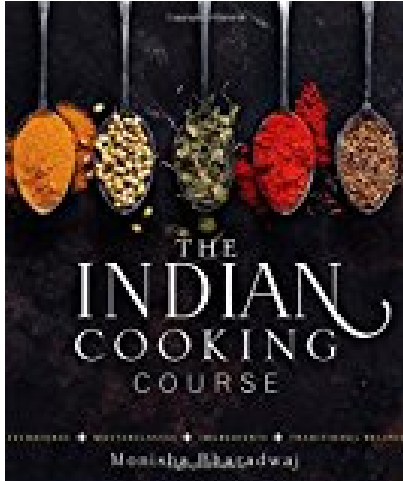


The Indian Cooking Course Techniques - Masterclasses - Ingredients - 300 Recipes



BOOK DETAILS

- Author : Monisha Bharadwaj
- Pages : 496 Pages
- Publisher : Kyle Books
- Language : English
- ISBN : 1909487465

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BOOK SYNOPSIS

As interest in the intricacies of Indian cooking is increasing, this book explores the myriad regional varieties of healthy and exotic Indian recipes. With chapters broken down into geographical regions, Monisha encompasses the entire range of Indian cooking and offers a vivid insight into India's colorful traditions, from the earthy lentil dishes distinguishable in the North to the coconut-based curries staple to the South. Monisha offers a course in home cooking, based on principles of good health, touching on the values of Ayurveda, which provides a context to your cooking; from taste and appearance to history and culture, The Indian Cooking Course will bring rich, colorful, and authentic dishes into every home."

THE INDIAN COOKING COURSE TECHNIQUES - MASTERCLASSES -

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